



Quick Chicken Piccata

Ingredients:

2 boneless skinless chicken breasts

1/4 cup chicken stock

1/4 white wine

1 lemon

2 tablespoons capers

1 tablespoon butter

2 tablespoons olive oil

fresh chopped parley, optional

salt and pepper

Instructions:

Cut each chicken breast in half cross-wise by laying it on a cutting board and slicing through horizontally so you end up with 4 thin cutlets. Lay each cutlet on the cutting board and cover with a sheet of saran wrap. Pound the cutlets with a meat tenderizer until they are approximately 1/4" thick. Season with salt and pepper.

Cut a lemon in half. Juice one half and cut four thin, round slices out of the other half. Remove the seeds and set aside the slices and the juice for the sauce.

Heat 2 tablespoons of olive oil in a large skillet until hot over medium high heat. Add the chicken breast and cook until lightly browned and cooked through on each side, about 2 minutes per side. Remove the chicken from the pan and keep warm on a plate covered with foil.

Turn the heat up to high and add the white wine, chicken stock, lemon juice, lemon slices and capers. Scrape up any of the brown bits that have stuck to the bottom of the pan. Let the sauce boil and reduce by half, about 5-7 minutes. When the sauce is reduced, lower the heat to low and add the butter. Swirl to incorporate it completely. Add the chicken back to the pan to coat with the sauce and warm through.

Put two cutlets on each plate and spoon the sauce over the chicken. Sprinkle with chopped parsley.

Serves 2.